



MONROE FIRE DISTRICT #3

163 Village Court • Monroe, WA 98272

NEWS RELEASE **FOR IMMEDIATE RELEASE**

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Monroe Fire District #3 Now Offering Expanded First Aid & CPR Training

Monroe, WA—MFD #3 continues to offer American Heart Association Heartsaver First Aid & CPR classes on the second Saturday of every month. In addition, MFD #3 now has additional options for healthcare providers or those who might not be able to attend a Saturday class in person. MFD #3 recently sent 7 firefighters and administrative personnel to become certified American Heart Association Healthcare Provider Instructors. Essentially, this means that there are multiple instructors available to teach a wide range of First Aid & CPR classes. Some of these instructors may also be available to come to your workplace to teach employees these life-saving skills on-site. For those who cannot attend a class in person, the American Heart Association offers many classes and renewals online. A student would simply purchase the necessary class from www.onlineAHA.org, complete the course via computer, and schedule a final skills evaluation with a certified AHA instructor, available through MFD #3. The skills check takes approximately 20 minutes and costs \$15.

MFD #3 First Aid/CPR classes:

AHA Heartsaver First Aid & CPR: MFD #3 offers this course in person on the second Saturday of every month from 9am-4pm. Pre-registration is required. The registration form is available at www.monroefire.org. Students may also call Station 31 at 360-794-7666 to register via phone. Cost for attending this class is \$30. Online Course: The Heartsaver® First Aid Online with CPR & AED Part 1 Course offers a flexible, time-saving option for workplaces that need to provide safety training. The complete course is delivered in three parts. Part 1 delivers the cognitive learning through Web-based, self-paced modules. Parts 2 and 3 require students to meet with an American Heart Association Instructor to complete a hands-on skills practice session and a skills test. (description from onlineaha.org)

AHA Healthcare Provider BLS CPR & AED: MFD #3 offers this course in person as requested for groups of individuals working in the healthcare field. This class can also be taken online, followed by a final skills evaluation with a certified instructor, available at MFD #3. Online Course: Part 1 Course offers a flexible training option for busy healthcare professionals. The complete course is delivered in three parts. Part 1 delivers the cognitive learning through Web-based, self-paced modules. Parts 2 and 3 require students to meet with an American Heart Association Instructor to complete a hands-on skills practice session and a skills test. Upon successful completion of all three parts students receive their BLS for Healthcare Provider Course Completion Card. This course is an ideal option for healthcare providers seeking an alternative to traditional classroom training for first-time or renewal certification. (description from onlineaha.org)

Nearly 80% of all cardiac arrests occur outside of the hospital setting. Register today to learn how to recognize and treat life-threatening emergencies including heart attacks and choking.